



# Tuna tartare with avocado

10'  
Hands on

15 minutes'  
Hands off

6  
Portion(s)

1  
Difficulty



## Ingredients

- 1 clove(s) of garlic, finely chopped
- 1/2 onion, finely chopped
- 1 chili pepper, seeded or not, finely chopped
- 1 tablespoon(s) capers, rinsed well and drained
- 1 avocado(s), medium, cut into cubes
- salt
- pepper
- 50-70 g lemon juice
- 500 g tuna, fresh, cut into 5-8 mm cubes
- 50 g olive oil
- coriander leaves, to serve
- baby spinach

## Διατροφικός πίνακας

Nutrition information per portion

214 Calories (kcal)	13.0 Total Fat (g)	2.3 Saturated Fat (g)	1.9 Total Carbs (g)
11%	19%	12%	1%
1.2 Sugars (g)	20.0 Protein (g)	1.2 Fibre (g)	0.38 Sodium (g)
1%	40%	5%	6%

## Method

- In a large **bowl** add the garlic, the onion, the pepper, the capers, the avocado, salt, pepper, 2 tablespoons of the lemon juice, and mix well with a spoon.
- Add the tuna, the olive oil, and the remaining lemon juice.
- Have a taste and, if needed, add more lemon juice, salt, and pepper.
- Cover with plastic wrap and refrigerate the mixture for 15 minutes.
- Serve over some spinach or a salad of your choice, and garnish with coriander leaves.